



Warrior Special Update

Here are some optional activities for you and your family to take part in.

Mrs. Kelting Update

This week is teacher appreciation week! I challenge you this week to reach out to the great teachers in your lives.

Monday- Make it happen Monday- Send a thank you email or letter to your teacher. Remind them of how thankful you are to have them in your life each day.

Tuesday- Time to catch up Tuesday- Send your teachers a video and/or note of what you have been doing while you are away.

Wednesday- Wacky Wednesday- During the time away, we miss our daily interactions. Send them a picture of you wearing something wacky or share a funny joke.

OR

Wound Wednesday- Today is nurse appreciation day! Send a special note to Mrs. Ohnemus (bohnemus@cal-wheat.net) thanking her for helping you during a time you didn't feel good.

Thursday- Chalk the Walk Thursday- Draw a picture or write a message in sidewalk chalk, then take a picture and send it to your teacher.

Friday- Feel Good Friday- Do something that you know would make your teacher proud. Spread kindness and then email your teachers to tell them what you did! Send a picture too if you have one.

[Elementary Online Learning Plan](#)- Click here to find weekly learning opportunities.

P.E.- Mr. Daniels

Good Day Everyone- I am hoping everyone is healthy and staying active. This week I want you to use the alphabet and make a challenge activity for each letter in the alphabet. Sit down Monday and make your challenge activity list. You can use some of the activities you made up a couple weeks ago. You can use your jump rope for some of your activities, too ie: jump forwards for 3 minutes, jump backwards for 2 minutes. Once you have your alphabet challenge ready you will put it to use the rest of the week. If you have a letter twice in your name, pick the letter after or before the second similar letter in your name. Have fun with it!

Tuesday: Write your full name down and do the activities associated with the letters in your name.

Wednesday: Write down the name of someone else in your household and do the activities associated with the letters in the name.

Thursday: Write down the name of a friend and do the activities associated with the letters in the name.

Friday: Write down the name of a famous person and do the activities associated with the letters in the name. Do not select a name like "Mr. T"!

Be sure to keep updating your activity calendar each day. Hopefully, you are getting at least 60 minutes of activity each day.

Do not forget Sunday is Mother's Day!!!

STAY ACTIVE AND HEALTHY!

TAG- Mrs. Henry

7 Seconds - For the 7 second challenge you have seven seconds to complete any task of your choosing. You can visit

<https://challengestodo.com/7-second-challenge-ideas/> for ideas! Record yourself completing the task(s) and share with Mrs. Henry!

Library/Technology- Mrs. Heilig

Hello Students and Families!

I miss seeing all of you in the library and computer lab.

How about a little computer programming while you are home. I'm taking some college classes about computer science, so I can't wait to share with you what I'm learning. For now, you can try this site, <https://code.org/athome>, to learn about computer science at home.

Hope to see you soon!

Mrs. Sue Heilig

sheilig@cal-wheat.net

Library Website:

<https://sites.google.com/a/cal-wheat.net/calwheatelementaryschool/homepage>

Guidance- Mrs. Wilimack

During guidance we have talked about how to have self-control, or emotional regulation. This means we remember we are in control of ourselves: our brains, our bodies, and our actions, even when we have big feelings or are upset. Sometimes we have emotional regulation on our own, and sometimes we need help from someone else. One way we can practice and improve our self-regulation is through exercise. Below are two links for exercises that can help our bodies feel calm and regulated. I challenge you to try some of them out each day!

- [7 Minute Self Regulation Workout](#)
- [Calm Down Yoga for Kids](#)

I am available through email, so please don't hesitate to reach out!

Mrs. Willimack kwillimack@cal-wheat.net

Music- Mrs. Kerr and Miss Ziegenfuss

Hey there warriors! Miss Z here. I've set up a website for all the K-3 music classes and 5-6 band. I'll be posting a song of the day, activities, and some links to online music learning. Feel free to email me about anything. If you want to tell me about a new song you've listened to, or if you just want to talk, I'll be there! aziegenfuss@cal-wheat.net.

Google site:

<https://sites.google.com/cal-wheat.net/cal-wheat-music-warriors/home?authuser=0>

Hello everyone! It's Mrs. Kerr.

This week I want to challenge you to write out the music staff. Do you remember what that looks like? (Hint, it was on the music room floor and the white board on the wall).

1. Write out the five-lined staff
2. Number the lines from 1-5 starting at the bottom.
3. Number the spaces from 1-4 starting at the bottom.
4. Write out a different note on each of the lines.
5. Write out a different note on each of the spaces.

I welcome you all to the website <https://www.eemusicclass.com/> where you can find most of the songs we have been working on, plus, many more you can try for yourself!

This week I suggest selecting listening maps and select any of the pieces. Canon in D, Linus and Lucy and Maple Leaf Rag are a few of my favorites. These maps allow you to follow along and see the structure of the piece (how the music is put together).

Have you tried listening to any of the songs? I want to suggest you so some moving with music! On the front page of the eemusicclass website, scroll down until you find the song "Better When I'm Dancing", it's from Charlie Brown. If you select that song you will come to the page where you can select lyric video. This is set up like karaoke with choreography (movement), the steps are very easy and I encourage you to try it!

Fourth graders, have you been playing your recorders? If you select resources on the eemusicclass website, you will find an icon which you can select recorders and you will find all the exercises and music we had been working on!

Art- Mrs. Balichek

Hello Art Warriors!

I saw some shooting stars and warm landscapes rolling in my email last week! Keep up the great art work! This week we will be exploring a whole new world in art, so grab your pencils and let's get drawing!

The Website has been updated with new projects for this week, go check them out!

Click on your class at the top of the site to get to your weekly project. (If you love doing your classes project, click on the other grades to see what they are up to, try out their projects too!) The projects are all voluntary and will not be graded but I hope if you complete them you will take a picture and email it to me bbalichek@cal-wheat.net I look forward to seeing any project you have completed or if you have done any art during this break email me and tell me about it. Office Hours Google Meet: Email Mrs. Balichek for the code.

Balichek Office Hours:

Monday 5/4: 1:00 PM - 2:00 PM

Tuesday 5/5: 8:00 AM - 9:00 AM

Wednesday, 5/6: 8:00 AM - 9:00 AM

Thursday, 5/7: 10:00 AM - 11:00 AM

Friday, 5/8: 9:00 AM - 10:00 AM

Google Cal-Wheat Art Site:

<https://sites.google.com/cal-wheat.net/calamus-wheatland-art/home>